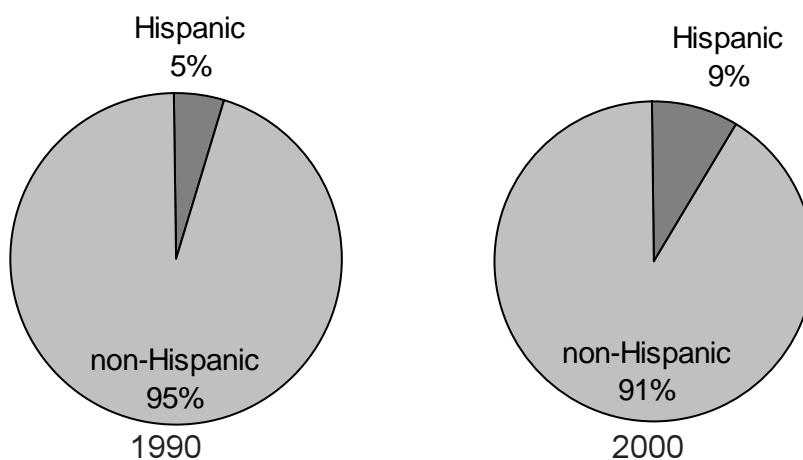


Utah Hispanic and Non-Hispanic Population Distribution by Year



Source: U.S. Census Bureau, 1990 and 2000

“Disparities in the health care delivered to racial and ethnic minorities are real and are associated with worse outcomes in many cases, which is unacceptable.”

Alan Nelson

***Chair, Committee on Understanding and Eliminating
Racial and Ethnic Disparities in Health Care
Institute of Medicine Public Briefing
March 20, 2002***

Despite the numerous interventions developed specifically to address health issues for all underserved populations, ethnic disparity continues to be a compelling public health problem. Health differences between Hispanics and non-Hispanics are particularly striking for certain health conditions and risk behaviors.

Hispanics are the largest minority group in Utah. In 2000, there were over 200,000 Hispanic residents, comprising just over nine percent of the state population.¹ For a variety of reasons, this population is underrepresented in Utah health surveys. The lack of information about the health status and risk behaviors of the Utah Hispanic population makes it difficult to appropriately define health care policies and target interventions. Gaps in disease status and access to care cannot be accurately identified without sufficient information. A better understanding of this population will improve the development, implementation, and evaluation of interventions, and in turn, allow for more appropriate allocation of resources.

The Bureau of Health Promotion (BHP) in the Utah Department of Health conducted the 2001 Utah Hispanic Health Survey to obtain baseline data for this population. Survey results will be disseminated to Utah health care professionals and policy makers so they may more effectively address the health care needs of the Hispanic population.

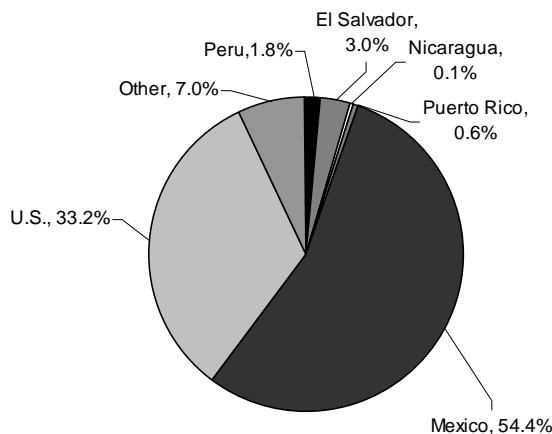
This document presents an overview of health status, chronic disease prevalence, health care access, injury, activity limitation, and health behaviors of the Utah Hispanic adult population, ages 18 and over. Where possible, comparisons are included with the total Utah adult population, drawing from the statewide Behavioral Risk Factor Surveillance System.²

The sample is representative of all Utah Hispanic adults. It is comprised of 939 Utah adults aged 18 and over who identified themselves as Hispanic or

Latino(a). Telephone interviews were conducted in both English and Spanish by a contracted research agency with 42% completed in Spanish.

The majority of the respondents reported that Spanish was most often spoken at home (55.7%), followed by English (31.9%), then both Spanish and English (12.2%). Most respondents (97.4%) had lived in Utah for more than one year. Over half (54.4%) of the respondents were born in Mexico and 33.2% were born in the United States (See figure below).

Percent Distribution of Utah Hispanic Adults by Country of Birth



Source: Utah Hispanic Health Survey, 2001

The sample included slightly more male than female respondents (54.6% and 45.4% respectively). Almost one of five (19.7%) respondents lived in households with an annual household income of less than \$20,000. Two-fifths (40.3%) had less than a high school education. The vast majority of respondents (85.0%) lived along the Wasatch Front. Over half of the sample (58.5%) were between the ages of 18 and 34, while only 3.9% were age 65 or over.

HEALTH CHALLENGES

Health insurance coverage plays a vital role in accessing or utilizing preventive health services.

- Only 56.0% of Utah Hispanic adults have health insurance coverage compared to 87.0% of all adults in the state.
- More than three of five (62.0%) Utah Hispanic adults with health insurance coverage report having an annual physical exam compared to 47.4% of those without coverage.
- Nearly two of five (39.4%) Utah Hispanic adults who have never had health insurance coverage also have never had a regular physical exam.
- The majority (52.1%) of Utah Hispanic adults have never had a blood cholesterol test.

Self-reported health is a reliable indicator of perceived health status, quality of life, and overall well-being.

- Nearly one of four (24.4%) Utah Hispanic adults reports being in fair or poor health compared to 9.5% of non-Hispanic adults.
- Utah Hispanic females are nearly three times more likely to report their health as fair or poor than non-Hispanic females (28.1% and 10.5% respectively).
- Utah Hispanic adults with arthritis are nine times more likely to report their activities have been limited for a year or longer due to a physical, mental, or emotional condition, compared to Hispanic adults without arthritis (18.6% and 2.0% respectively).

EXCESS RISK

- Nearly one of five (19.2%) Hispanic adults age 65 and over has been diagnosed with diabetes compared to 11.8% of non-Hispanic adults.
- 15.3% of Utah Hispanic adults experienced an injury within the past 12 months severe enough to limit their activities for at least one day and/or require medical attention.
- Three of five (60.7%) Utah Hispanic adults are overweight or obese compared to 52.6% of all Utah adults.
- Utah Hispanic adults are slightly less likely to participate in regular physical activity than non-Hispanic adults (47.2% and 52.1% respectively).
- Nationally, Hispanic adults are slightly less

likely to report that they smoke than non-Hispanics.³ In Utah, the reverse is true. Nearly one of five (19.3%) Utah Hispanic adults smoke, compared to 13.3% of non-Hispanic adults.

- Males account for the difference in smoking rates. One of four (25.7%) Utah Hispanic adult males reports being a current smoker compared to 14.4% of non-Hispanic adult males. However, there is no difference in smoking rates among females, with nearly 12% of both Hispanic and non-Hispanic adult females reporting being current smokers.
- Only 46.2% of Utah Hispanic adults report implementing behavior changes to lower their risk of heart disease or stroke.

LOWER RISK

- Utah Hispanic adults have slightly lower rates of asthma than non-Hispanic adults (4.2% versus 5.0%).
- Nearly one of five (18.1%) Utah Hispanic adults has arthritis. Nearly one of three (31.4%) non-Hispanic adults has arthritis.
- Only 4.0% of Utah Hispanic adults report that they seriously considered taking their own lives. Most of these individuals are between the ages of 18 and 34.
- Pneumococcal and influenza vaccination rates among Hispanic adults do not differ significantly from rates for the non-Hispanic population.

*For the complete
Utah Hispanic Health
Survey Report
Call (801) 538-6141*

Bureau of Health Promotion
Utah Department of Health
PO Box 142107
288 North 1460 West
Salt Lake City, UT 84114-2107

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SUMMARY

This document highlights important differences in health status measures and risk behaviors among the Hispanic adult population, non-Hispanic adult population, and the general adult population in Utah. These highlights come from the Utah Hispanic Health Survey Report.

Historically, the Hispanic population has experienced an excess risk of developing some chronic conditions, such as obesity and diabetes. In addition, this population is likely to have limited access to health care, and lower income and education levels than the general population. Lower rates of other chronic diseases among Utah Hispanic adults may be due to the youthfulness of this population. Over half (58.5%) of Hispanic adults are between the ages of 18 and 34. As this population ages, this advantage may diminish or disappear. Implementing effective interventions now, particularly those that incorporate preventive measures, may reduce the frequency and severity of serious health problems facing Hispanic Utahns in the future.

The Utah Hispanic population grew by 138% during the 1990s and this trend is projected to continue.⁴ The rapid increase in the Hispanic population makes health disparities for this group an urgent public health issue. Disseminating and marketing the findings in this document are steps to actively engage the Hispanic community and others in planning, implementing, and evaluating interventions designed to improve Hispanic health status. **Saludos a todos!**

1. U.S. Census Bureau (2000). Persons of Hispanic Origin by County in Utah: 1990 and 2000. Washington DC. Retrieved April 29, 2002 from the Governor's Office of Planning & Budget on the World Wide Web: <http://www.governor.state.ut.us/dea/Demographics/demographics.hispanicpop.pdf>

2. Utah Department of Health. Behavioral Risk Factor Surveillance System. Salt Lake City, UT

3. MMWR Weekly (2001). Cigarette Smoking among Adults—United States, 1999 50(40): 869-873. Retrieved April 29, 2002 from the Centers for Disease Control and Prevention site on the World Wide Web: www.cdc.gov/mmwr/preview/mmwrhtml/mm5040a1.htm

4. U.S. Census Bureau (2000). Projected State Populations, by Sex, Race, and Hispanic Origin: 1995-2025 Washington DC. Retrieved April 29, 2002 from the U.S. Bureau of the Census on the World Wide Web: <http://www.census.gov/population/projections/state/stprace.txt>